

## CLAIMS

1. An adjustable stand comprising:

a. a leg;

b. a first member secured to said leg, said first member having an upper end and a lower end;

c. a second member adjustably secured to said first member, said second member having an upper end and a lower end, the upper end of said second member extending above the upper end of said first member;

d. a support member for holding items on the stand, said support member secured to the upper end of said second member;

e. a first adjustment mechanism coupled between said first member and said second member, movement of said first adjustment mechanism shifting the position of said second member relative to said first member thereby raising or lowering said support member; and

f. a retention member secured between said first member and said second member, said retention member securing said first member to said second member, while allowing at least limited relative movement therebetween.

2. The adjustable stand of Claim 1, wherein said retention member comprises a biasing member.

3. The adjustable stand of Claim 2, wherein said first member comprises a first tubular member, the stand further comprising a second tubular member into which said first tubular member is slidably engaged, said leg being attached to said second tubular member.

4. The adjustable stand of Claim 3, further comprising a course adjustment mechanism coupled between said first and second tubular members, said course adjustment mechanism selectively locking the position of said first and second tubular members relative to each other.

5 5. The adjustable stand of Claim 4, wherein said course adjustment mechanism comprises a screw rotatably secured to said second tubular member, said screw having an end selectively bearing against said first tubular member.

6. The adjustable stand of Claim 5, wherein said course adjustment mechanism further comprises a friction pad between said first and second tubular members opposite said screw.

10 7. The adjustable stand of Claim 1, wherein said first member comprises a first tubular member, the stand further comprising a second tubular member into which said first tubular member is slidably engaged, said leg being attached to said second tubular member.

8. The adjustable stand of Claim 7, wherein said second member comprises a shaft partially held within said first tubular member.

15 9. The adjustable stand of Claim 8, wherein at least a portion of said shaft is threaded, and wherein said first adjustment mechanism comprises a nut threaded on said shaft and bearing against a portion of said first tubular member.

10. The adjustable stand of Claim 9, further comprising an anti-rotation lock secured to said shaft and coupled to said first tubular member.

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11. The adjustable stand of Claim 10, wherein said first tubular member is non-circular in cross section and wherein said lock comprises a pin extending transversely through said shaft.

12. The adjustable stand of Claim 1, further comprising a course adjustment mechanism  
5 coupled between said first and second members, said course adjustment mechanism selectively locking the position of said first and second members relative to each other.

13. The adjustable stand of Claim 12, wherein said leg is pivotally secured to said first member.

14. An adjustable stand for supporting materials comprising:  
10 a. at least one leg;  
b. a first elongated member secured to said at least one leg, said first elongated member having an upper end and a lower end;  
c. a second elongated member adjustably secured to said first elongated member, said second elongated member having an upper end and a lower end, the upper end of the  
15 second elongated member extending above the upper end of the first elongated member;  
d. a first adjustment mechanism coupled to said second elongated member and interfacing said first elongated member for shifting of said second elongated member relative to said first elongated member;  
e. a biasing means coupled between said first elongated member and said second  
20 elongated member below the upper ends of both said first and second elongated members and below said first adjustment mechanism, said biasing means retaining said second elongated member from unrestrained upward movement relative to said first elongated member; and  
f. a holder secured to the upper end of said second elongated member for supporting materials.

15. The adjustable stand of Claim 14, further comprising a course adjustment mechanism coupled between said first and second elongated members; said course adjustment mechanism selectively locking the position of said first and second elongated members relative to each other.

5        16. The adjustable stand of Claim 15, wherein said first elongate member comprises a first tubular member and said second elongate member comprises a shaft, said shaft being partially held within said first tubular member.

17. The adjustable stand of Claim 16, wherein at least a portion of said shaft is threaded, and wherein said first adjustment mechanism comprises a nut threaded on said  
10 shaft and bearing against a portion of said first tubular member.

18. The adjustable stand of Claim 17, wherein said biasing means comprises a compression spring held between the lower end of said shaft and the lower end of said first tubular member.

19. The adjustable stand of Claim 17, further comprising an anti-rotation lock secured  
15 to said shaft and coupled to said first tubular member.

20. An adjustable stand for supporting materials comprising:

a. a plurality of legs;

b. a first tubular member secured to said legs, said first tubular member having  
an upper end and a lower end;

20        c. an elongate member received partially within said first tubular member and having an upper end extending above said first tubular member and a lower end extending below said first tubular member, said elongate member being selectively movable up and down relative to said first tubular member;

d. a first adjustment mechanism coupled to said elongate member and interfacing the upper end of said first tubular member, movement of said first adjustment mechanism shifting said elongate member selectively up or down relative to said first tubular member;

e. a biasing member secured between the lower end of said first tubular member and the lower end of said elongate member, said biasing member holding said elongate member within said tubular member and biasing said elongate member down relative to said tubular member; and

f. a support secured to the upper end of said elongate member.

21. The adjustable stand of Claim 3, further comprising a second tubular member and a course adjustment mechanism, said first tubular member being slidably received within said second tubular member and extending above said second tubular member, said second tubular member being secured to said legs, said course adjustment mechanism selectively securing the position of said first tubular member relative to said second tubular member.

22. The adjustable stand of Claim 21, wherein said elongate member comprises a shaft, at least a portion of said shaft being threaded, and wherein said first adjustment mechanism comprises a nut threaded on said shaft and bearing against a portion of said first tubular member.

23. The adjustable stand mechanism of Claim 22, further comprising an anti-rotation lock secured to said shaft and coupled to said first tubular member.

24. A method of operating a work stand comprising:

a. providing a stand having legs, an upright tubular member held between the legs, and a shaft held within and extending above the tubular member with a support secured to the top of said shaft;

b. placing lower ends of the legs on a surface, the tubular member being held substantially upright;

c. biasing the shaft downwardly relative to the tubular member; and

d. adjusting the position of the shaft relative to the tubular member with an adjustment mechanism coupled to the shaft and to the tubular member.

25. The method of Claim 24, wherein said stand is further provided with a course adjustment mechanism between the legs and the upright tubular member, the method further comprising the step of adjusting the course adjustment mechanism to change the position of said upright tubular member relative to the legs.

10 26. The method of Claim 25, further comprising the step of stopping the rotation of the shaft while adjusting the position of the shaft relative to the tubular member, said step of stopping rotation carried out with an anti-rotation pin held by the shaft and bearing against the upright tubular member.